

# SEJ Worksheet Do's and Don'ts

General tips:

- 1) Stick to the process.
- 2) Don't skip any of the steps!
- 3) Take your time, don't rush the process.
- 4) Review the training regularly to embed the teachings into your consciousness.
- 5) Read the prompts on the worksheet as they are given as a guide for you to complete the worksheet correctly.
- 6) Practice regularly, the more you practice the quicker the process will simply work through you rather than you work it.
- 7) Notice your self-defeating or limiting thoughts throughout the day. Observe them and note them down to work through either in the moment or later that day.
- 8) Don't give up, you are the one you have always been looking for. You are both the question and the answer.
- 9) Use your SEJ Practice Workshops to get support.

## STEP ONE: Self Awareness

Situation:

Do:

- Recall a situation that caused you to suffer mentally, emotionally, physically, or spiritually and put it through the SEJ worksheet.
- Write in one sentence the situation to summarise what the situation is about.

Don't:

- Write long sentences describing the situation.
- Go into the story.

Story:

Do:

- Write in your own words as the thought appears in your mind, exactly as they appear to you. DO NOT CENSOR YOUR THOUGHTS. Nobody else will read the worksheet. You can destroy it afterwards if you wish.
- Be honest, no matter how dark, petty, unkind, or judgmental your thoughts are.
- Use more paper if you need to.
- Take your time writing out the story, get it out of your system as Step 1 is the only time we look at the problem.

Don't:

- Try to make it sound 'nice' or 'pretty.'
- Rush. If rushing notice your thoughts about rushing and put these thoughts through a worksheet. See how the mind will justify the need to rush.

List your thoughts...:

Do:

- Pick thoughts from your story that grab your attention, or where you feel an emotional pull.
- Pick thoughts that repeat throughout the story. We tend to unconsciously repeat the thoughts we need to work on most.
- If you prefer use a highlighter to highlight the thoughts in the story at Step 1.
- List as many as you wish.

Don't:

- Pick every thought from the story.
- Worry about listing the 'wrong' thoughts. There are no 'wrong' thoughts.

Step 1 four bodies:

Do:

- Extract only ONE thought you would like to work on and put that thought through the 4 bodies.
- Remember 'one thought one worksheet.'
- Put your full attention on the chosen thought notice/observe your emotions, physical body, physical actions and spiritual.
- Read the prompts for each body as they differ for each step.

Don't:

- Write what you think is happening in the lower 3 bodies. Notice what is happening instead.
- Focus on the whole story when working through the 4 bodies, keep your attention on the one thought chosen.

## **STEP TWO: SELF regulation**

Sit in silence

Do:

- Simply sit in silence focus on the breath.
- Observe the thought chosen.
- Practice 'sitting in silence' throughout the day to enhance your practice.
- Notice how the mind wants to give you answers. Ignore these thoughts.

Don't:

- Worry if you lose your focus, when you realise your mind has drifted simply bring it back to the matter at hand. Realising your mind has drifted shows you have become conscious of the present moment again.

### The ladder of Truth is a game of opposites

Do:

- Use this step if you do not get a result when sitting in silence.
- Start with an opposite of the original thought from Step 1.
- List some opposites until a thought resonates with you, remember it's like trying on a coat to see which fits best.
- Choose the one thought that truly resonates with you.
- Notice how the resonance changes your emotional and physical bodies.

Don't:

- Try to think positively, the 'Truth' is not a positive thought!
- Rush through to get the opposite.
- Pick a thought even if it does not resonate.
- Give up! Bring your worksheet to a SEJ Practice Workshop and get support.

### Step 2 four bodies

Do:

- Notice/observe each body as you focus only on this truthful thought that resonates, whether from sitting in silence or climbing the ladder.
- Notice how empowering and different your 4 bodies are at Step 2 compared to how disempowering your experience was at Step 1.
- Read the prompts for each body as they differ for each step.

Don't:

- Let your mind take you back to Step 1. If there is more 'story' to add then go back and add it at Step 1 and begin the process again.
- Rush the 4 bodies, take your time to notice how you feel and what is happening inside of you.

## **STEP THREE: SELF Confidence**

### Evidence

Do:

- Add the word 'because' at the end of the realised Truth from Step 2.
- Ensure you continue to sit in silence 'bathe in the Truth' to complete this step, notice how the mind will happily take over, don't allow it, stay in a place of Truth.
- Remember Einstein's quote and become your own Einstein.

“I think 99 times and find nothing.  
I stop thinking, swim in the silence, and the truth comes to me.”

- Simply sit and allow the Truth, to rise from within.

Don't:

- Write from the mind. Stay in Truth. If mind wants to add more thoughts go back to the Story at Step 1, add them here and start the worksheet again from this Step.
- Try and think positively, positive thoughts may make you feel better, but the Truth will liberate you (as well as give you better feeling emotions).

### Mirrors

Do:

- Remember 'mirrors' are thoughts we project onto others.
- Own the mirrors as they liberate us and stop blame and judgment.
- Sit and allow the truth to unfold for as you go deeply into the evidence mirrors tend to show themselves.
- Reflect on examples: He is angry - I am angry, she is jealous- I am jealous, they are rude - I am rude. They are not listening- I am not listening.
- Understand to an unconscious mind the mirrors can appear as disempowering, but they are not, they are liberating.
- Notice mirrors throughout your day and own them. This will help when doing the SEJ worksheet.
- See the mirrors in Step 1 Story. These can also be transferred and used in Step 3.
- See if the evidence is already about you then there are no mirrors because there is no projection. Although there may be some mirrors back in the Story at Step 1, please check.

Don't:

- Go back into your mind to 'justify' the evidence. There are always mirrors when projecting onto others if we are being honest with ourselves.
- Rush this step, it is vital in 'anchoring' the Truth.

### Step 3 four bodies

Do:

- Choose the most empowering Truth either from Step 3 or the use the same one as at Step 2.
- Put this Truth through the 4 bodies and *notice/observe* what is happening in each of the 4 bodies.
- Remain silent to stay with the Truth in completing this.
- Read the prompts for each body as they differ for each step.

Don't:

- Write from the mind, stay in the place of Truth.
- Don't rush the 4 bodies, take time to notice the changes from Steps 1 and 2.
- Assume that each prompt for the 4 bodies is the same for step 1, 2 and 3.

#### **STEP FOUR: SELF EMPOWERMENT**

##### Step 4 four bodies

Do:

- Ensure you put the original thought believed at Step 1 in the mental body.
- Read and follow the prompts for each body as they differ for each step.
- Notice/observe the completely empowering change at this step compared to Step 1 in each of the bodies.
- Notice there is no energy in the original thought (if process completed correctly). The thought still exists but has no power over you.
- Notice because there is no 'energy' in the thought there is no action to take.

Don't:

- Assume the thought is gone, as the thought can appear at any time however, it will no longer trigger a physiological or psychological reaction within you.
- Rush this step, see the truth that thoughts only have power over you if you believe them.

##### Step 4 Outcomes:

Do:

- Please note for the Immediate Outcomes: (Internal Situation) what is happening internally with you i.e., your thoughts, emotions, and physical sensations. Revel in these internal changes, for when there is an internal change the external must follow.
- Realise deeply that you experience life inside of you, this is why the SEJ changes the internal.
- Please note for the Life Outcomes: (External Situation) what is happening outside/external to you.
- Notice any immediate change in your external situation if the process is done in the moment, i.e., did you make a different life choice, change an old behaviour, walk a different path, face a fear?
- Note any later outcomes, i.e., did you pass your exam because you did the SEJ on the thought 'I'm going to fail anyway', which ensured you revised rather than ignored your revision. Three months may have passed between doing the process and this outcome, so be observant.

Don't

- Throw away the worksheet as you will notice further changes in your life experience as you progress on your SEJ.

Lesson:

Do:

- Consider, what did you learn i.e., life lessons/teaching from completing the SEJ worksheet that you can take forward with you?
- Revel in what you have learnt about yourself, life, and others.
- Save the worksheet to build up a picture of your 'false self' and how much you are growing and developing.

Don't:

- Skip this last part as it shows clearly what you have learnt about yourself, life, others.